Ottawa metro

MONDAY, MAY 9, 2016

NAME YOUR PRICE ...NICE!

MAY MADNESS AUCTION

MAY 9-12

GOLF, DINING, AUTO SERVICES, ADVENTURE PACKAGES...
AND MUCH MORE!
Register now for a chance to WIN the May Madness PRIZE!

metro auctions.ca

metro auctions.ca

Register now for a chance to WIN the May Madness prize:

1-NIGHT STAY FOR 2 AT ARC THE.HOTEL

ARC
THE.HOTEL

Prize Valued at $350. A one – night weekend stay in a Majestic King room, breakfast for 2 valued at $30 per person and complimentary Valet parking.

No purchase necessary. Contest open to residents of Ontario who have attained the age of 18 at the start of the Contest Period and who have registered for the May 9-12 Metro News Auction. Limit of one entry per person, per email address. Odds of winning depend on the number of eligible entries received. One (1) prize is available to be won, consisting of a 1 –night weekend stay for 2 in a Majestic King room at ARC TheHotel, breakfast for 2 valued at $30.00 per person and complimentary Valet parking (retail value of 350.00 CDN). Contest Period opens 9am ET. May 3, 2016 and closes at 9pm ET on May 12th, 2016. For full contest details and rules, visit **metronews.ca/auctionrules**.

AUCTION STARTS TODAY!

Ottawa metro

Your essential daily news | MONDAY, MAY 9, 2016

High 12°C/Low 1°C Mainly sunny

ELLEN VANSTONE

The ultimate guide to when you should — and shouldn't — make eye contact with strangers

metroVIEWS

FORT MCMURRAY WILDFIRE

'THEY'RE GOING TO REBUILD'

- Evacuees cling to hope
- Firemen's wives band together
- Alberta premier preps for visit

metroNEWS

Mark Stephenson, with the Fort McMurray Fire Department, stands amid rubble on Sunday. COURTESY CAPT. MATT COLLINS

Boucher named Sens head coach

NHL

Fans satisfied, if not thrilled, following loss of Boudreau

Haley Ritchie
Metro | Ottawa

Ottawa Senators fans have had a tough year and a tough weekend, but Sunday's announcement that Guy Boucher will be the new head coach is at least giving them something to talk about.

"It could have been worse," said Shaila Anwar, co-host of That's What She Said on TSN 1200. "It's not what we wanted, but it could have been worse."

Many fans were disappointed Saturday when Bruce Boudreau announced he would be the next coach for the Minnesota Wild. Boudreau visited Ottawa last week for an interview and was considered a first choice by many.

"I'm glad they hired someone, and it wasn't a long protracted wait; that's good. It remains to be seen if (Boucher) is the guy who can fix the many, many problems with the Ottawa Senators," said Anwar.

> "It remains to be seen if he is the guy who can fix the many, many problems. Shaila Anwar

Boucher will be the franchise's 12th head coach, replacing Dave Cameron, who was fired in April.

"There was overwhelming consensus that Guy was our top candidate," said Senators owner Eugene Melnyk in a press release.

Boucher has spent parts of the last three seasons as head coach of SC Bern of the National League A in Switzerland. Before that, he spent two-plus seasons as head coach of the Tampa Bay Lightning.

"I'm happy with it," said Callum Fraser, a writer with Silver Seven Sens who was also rooting for Boudreau.

"I think there's a lot of upsides to Boucher coming in, but right now we don't know too much about him."

metro NEWS
Your essential daily news
Monday, May 9, 2016

'This too shall pass'
In the first Sunday mass since the wildfire, a Fort McMurray priest offered these words of comfort to anyone whose faith has been shaken by the disaster.

5 THINGS TO WATCH AT CITY HALL THIS WEEK

Want to learn more about a possible low-income bus pass? Give more input on the central library? Read more about this damn construction season? Keep reading.

Lucy Scholey
Metro | Ottawa

METRO FILE

1 Public library

The Ottawa Library Board is looking for ways to engage people in the new central library process. The board will consider a "public engagement framework" at its regular meeting on Tuesday. Also, for those library bookworms looking to give feedback, there will be more public consultations coming up: a May 16 talk on the location, an online questionnaire starting May 26 and discussions on programming on June 15 at city hall and June 22 at Library and Archives Canada.

2 Sussex Drive parking

Some people are unimpressed with the National Capital Commission's plan to cut parking spaces for a Sussex Drive building. The NCC, which owns 283 Sussex Dr., wants to turn the building into an office space. According to the zoning bylaw, the building needs seven parking spaces, but its future tenant only needs three. Some say parking is a problem in the Lowertown area and that it's unreasonable to expect all future tenants to take transit. More on this at the planning committee on Tuesday.

CREATIVECOMMONS.ORG

3 Transit cost-recovery

The transit commission is hashing out a cost-recovery model for special events. Though a city staff report does not specify Bluesfest, we can expect to hear more on OC Transpo's plan to collect $200,000 from Bluesfest this year. The transit commission says taxpayers have been shelling out for more service during the 10-day festival in July. Festival director Mark Monahan said this cost would fall on festivalgoers.

4 Vote on controversial LRT tweak

Council will vote on Wednesday to realign the west extension of phase two of the LRT Confederation Line at Clearly Avenue even as residents complain the new tweak will be disruptive. The new proposed route would run through a strip mall at 747 Richmond Rd., rather than tunnelling under the First Unitarian Congregation of Ottawa's property on Cleary. But the owners of a strip mall and a condo are worried the noise-related concerns will be passed onto them with the new design.

5 Yes, more construction

Expect more orange signs on Kent Street starting Monday. There will be road rehabilitation work and sidewalk repairs between Catherine and Wellington streets, which will result in lane reductions. In the meantime, there will be temporary bus stops. The construction will only last until mid-June.

CREATIVECOMMONS.ORG

COLLEGE DIPLOMAS IN HEALTH CARE!
✔ Fitness and Health Promotion
✔ Medical Office Assistant
✔ Medical Lab Technician
✔ Personal Support Worker
✔ Pharmacy Assistant
CLASSES STARTING SOON
ALGONQUIN CAREERS ACADEMY
1830 Bank St, at Walkley station • 613-722-7811 • www.algonquinacademy.com

Ottawa Auction Filler

Low-income transit passes needed in Ottawa: Advocates

COMMUNITY SERVICES

Over 2,400 sign petition from transit coalition

Emma Jackson
Metro | Ottawa

What if you can't afford to go to work?

That's a reality Lisa Quesnel knows all too well.

Working a minimum wage job to support her three kids, the single mom said there have been days when she couldn't cover her $100 adult bus pass as well as the tickets it cost to take the kids to and from daycare each day.

"Sometimes when money was really tight, I wouldn't go to work," Quesnel said.

That's a catch-22, of course: staying home from work meant smaller paycheques later.

Quesnel said it's not an uncommon plight for people in her situation — but there is a solution.

She's part of a growing push to bring a low-income transit pass to Ottawa.

To date, more than 2,400 people have signed a petition from the Healthy Transportation Coalition calling for the new discount pass, which already exists in Ontario cities like Kingston, Waterloo, Guelph and Windsor.

Of the 31,000 low-income transit users in Ottawa, about 8,800 aren't covered by any sort of discount.

There are deals for students and seniors, a deeply-discounted community pass for people on disability or who use Para Transpo, and there's funding available through Ontario Works for people on welfare.

Lisa Quesnel, with her daughter Charlotte Seale, thinks Ottawa needs a low-income transit pass to help poor, working families make ends meet. EMMA JACKSON / METRO

> I don't see why anyone would say, 'We don't want that.' It helps the economy, it helps everyone if they have the pass. Lisa Quesnel

It's just the working poor who miss out, Quesnel said, and it's holding them back.

"We want to contribute, we want to be part of society, and when you're saying, 'A discount on a bus pass will help me get to work every day,' I don't see why anyone would say, 'We don't want that,'" she said. "It helps the economy, it helps everyone if they have the pass."

It's not about getting a free ride: Quesnel said she'd like to see a pass around the $40 mark, similar to the community pass.

It's about helping people when they're down and out, she said.

"You're working minimum wage and you're trying to support your family, but you're struggling to make ends meet," said Quesnel. "Anybody can lose their job and have to start over again."

She's been there, too.

Quesnel had been working the same minimum wage job for years. But when her boss died suddenly last year, she was left out of a job. Without any record of employment, she couldn't easily apply for employment insurance.

Having to make "a fast decision" to keep her family afloat, she went on Ontario Works instead.

She now qualifies for transit discounts through the provincial social assistance program — just when she doesn't need to take the bus to work. But, if she went back to the workforce full time, that would disappear without a low-income transit pass in place.

The transit commission will decide in June whether Ottawa will indeed create such a pass, and what it will look like. That's also when the commission will usher in sweeping changes to the transit network's entire fare structure, in anticipation of light rail opening in 2018.

8,800

Of the 31,000 low-income transit users in Ottawa, about 8,800 aren't covered by any sort of discount.

Right now, OC Transpo's discount passes cost between 20 to 60 per cent less than the regular adult pass cost of $103.25 a month. That amounts to about $24.2 million in customer savings each year, according to a staff report coming to the commission Monday morning.

The city covers about $16.3 million of that, with 65 per cent from the transit operating budget and the remaining 35 per cent covered by the city's community services department.

Extending a discount to low-income working adults would add another $1.3 million to $3.3 million to that, depending on the depth of the discount, staff found.

The extra funds could come from taxpayers or higher fares.

Most commissioners have already voiced support in theory for the pass, including chairman Coun. Stephen Blais.

Trevor Haché, spokesperson for the Healthy Transportation Coalition, said he's heartened by the support around the commission table. But, he's pushing hard to make sure dollars and cents don't get in the way.

"There's a tremendous amount of support in Canada for what is commonly referred to as progressive taxation," Haché said.

OTTAWA • SMITHS FALLS • ARNPRIOR
Willis College graduates get 100% placement in direct field of study.
Where will you be in one year from now?
Get a career that will change your life!
1. START WITH THE WILLIS ADVANTAGE
150 years of success. Downtown Ottawa Campus. Co-op with Fortune 500 companies.
Join the thousands of our graduates who enjoy rewarding and fulfilling careers.
2. GET HELP WITH FINANCING
Come explore your many options of financing available to help. Contact us to find out more.
3. GET THE CAREER YOU'VE DREAMED OF
ADVANCED NETWORK SECURITY PROFESSIONAL DIPLOMA PROGRAM
Starting Dates: May 30th and June 13th
WILLIS COLLEGE
Book an appointment with a career advisor.
Phone: 613-233-1128
Toll free: 1-877-233-1128
Email: info@williscollege.com
Online: williscollege.com

Tech could streamline voting for 2018 election

DEMOCRACY

Digital system would replace 31,000 staff

Elections Ontario wants to introduce new technology for the 2018 election to speed up the process for voters, get faster results and use fewer staff.

The agency says it successfully tested e-poll books and vote tabulators in the February byelection in Oshawa, with about 90 per cent of electors and poll officials supporting the changes.

The e-poll books replace the paper-based process where polling officials have to manually search through names, and would allow any poll worker to serve a voter.

Elections Ontario says the e-poll books mean electors will get a ballot within about one minute of arriving at the polling station.

The byelection pilot project with vote tabulators showed they could provide 90 per cent of the results within a half our of polls closing if used across Ontario.

Attorney General Madeleine Meilleur knows the government would have to act quickly if it wants the new technology in place for the 2018 vote because it would take two years to implement the changes.

"We are seriously considering the advice," she said.

"We know it was very successful in the byelection, and we need to modernize our voting system."

It would cost $36 million to introduce the new technologies, but that would allow Elections Ontario to hire fewer staff, addressing it's biggest challenge: finding enough people to work a 14- to 16-hour day in a polling station.

"The current staffing model is unsustainable in the long term," chief electoral officer Greg Essensa said in a news release.

"The No. 1 concern I hear from returning officers across the province is that they are unable to find the staff required for polling day," he said.

Elections Ontario said it hired 76,000 poll officials for the 2014 election, and would need about 100,000 for the election planned for June 2018 because the number of ridings will increase and because of population growth.

However, the agency believes it could cut the number of staff required by about 41 per cent if the new technologies are in place, and would save about $16 million in staff costs over three election cycles.

The number of electors served by a poll — currently 300 to 500 — could be increased to 2,000, which means they would need about 31,000 fewer staff for election day.

The province could save another $28 million if it shared the vote tabulator technology with Ontario municipalities.

THE CANADIAN PRESS

Ontario Attorney General Madeleine Meilleur said the province would have to act quickly to get the new technology in place for 2018.. THE CANADIAN PRESS

Bhavya Mohan
ADAM KVETON/METROLAND MEDIA

SCIENCE

Nano research has mega impact

Finding more effective treatments for cancer is a research subject that stems as far back 19th century. For 13-year-old Kanata resident Bhavya Mohan it's a topic he's been exploring since he was 11.

Mohan is a student at Earl of March Secondary School who has been looking into cancer treatments using extremely small bits of silver for the past two years, and he's now proud to say he's made a real contribution to cancer research.

With the help of his parents — both engineers — and mentors including Dr. Bill Willmore of Carleton University, Bhavya has been exploring nanoparticles for targeted cancer treatment.

Silver nanoparticles can destroy cells through several mechanisms, including breaking apart connections between atoms.

"The only problem was that when I was looking into this, nanoparticles can induce cell death in cancer cells as well as healthy cells," he said. "I wanted to find if I could actually use a targeting mechanism to specifically target cancer cells and not healthy cells."

To do that, Bhavya looked into the genes of cancer cells.

With help from Willmore, antibodies that target certain cells were connected to silver nanoparticles and the resulting complex was tested on cancer cells and regular human cells.

Early testing showed that the antibody-nanoparticle complex killed a good number of cancer cells while leaving the regular cells undamaged.

"I think it's a novel contribution (to cancer research)," said Willmore.

After two years working on the project, putting in about 20 hours a week, Bhavya said he was happy to make a contribution to cancer research.

Bhavya presented his project at the Ottawa Regional Science Fair and won an a trip to the Canada-Wide Science Fair in Montreal this month.

ADAM KVETON / METROLAND MEDIA

CRIME

Police investigate sex assault reports

Haley Ritchie
Metro | Ottawa

Ottawa Police are dealing with multiple sexual assault reports this weekend from across the city.

In two cases released Friday police are searching for a suspect and are requesting help from the public.

Police said between 1 and 3 a.m. Friday, an unidentified man approached a woman in her late teens and pulled her into his dark-coloured BMW near the 2000 block of Baycrest Drive in the south end.

Police said the woman was driven to multiple locations in the Johnston and Conroy Road area, where she was sexually assaulted.

The suspect is described as a Middle Eastern male, 30 to 40 years of age with a long nose.

Police also seek the public's help in identifying the suspect of a May 5 assault in the 300 block of Besserer Street that occurred around 10 p.m.

Police said a woman in her early 20s was walking down the street when she was grabbed by a man and pulled into a secluded area. The suspect fled when a couple walking their dog realized what was going on and approached.

INFO SOUGHT

Police seek witnesses
Anyone with information about these incidents is asked to call police at 613-236-1222 extension 5944.
METRO

The suspect is described as five feet 10 inches, Caucasian with a slim build, dark medium length curly hair and 20 to 30 years of age.

He was wearing a hat, dark baggy pants and a black sweater.

Charges were laid Friday against a music teacher from Bell High School.

Timothy Stanutz, 56, has been accused of inappropriately touching one of his students while at work and has been charged with sexual assault and sexual exploitation.

SONG & DANCE

High School Musical
Wake yourself up with the Drowsy Chaperone this month. Nepean High School is mounting the show May 18 to 20. Tickets are $15 in advance or $20 at the door.

Its a parody of Golden Age musicals, which follows an antisocial Broadway fan as he listens to a recording of his favourite show. As the record turns, the characters come alive and his living room is transformed into a Broadway stage.
METRO

A giant fireball erupts as a wildfire rips through the forest 16 kilometres south of Fort McMurray on Highway 63 on Saturday.
JONATHAN HAYWARD/THE CANADIAN PRESS

City will rebound: Residents

REBUILDING

But economists say boomtown revival hopes are misplaced

Tim Querengesser
Metro | Edmonton

Newfoundlander Debra Smith has little choice but to continue believing in the boomtown nature of Fort McMurray, though others warn her optimism could be misplaced.

"I've heard some people say they're not going to go back," Smith said, after leaving the city for Edmonton recently. "I think it's the minority. Because everybody is coming back and they're going to rebuild."

People from Canada's economically depressed regions, the Maritimes in particular, have for more than a decade turned to Fort McMurray as a city where good-paying jobs are there for those willing to move.

But as the city reels from a wildfire that has displaced 90,000 and cut oil production by an estimated one million barrels per day — economic pain amplified by the price of oil falling by more than half over the past year, with 100,000 people losing their jobs in Alberta alone — two very different views of Fort McMurray's economic future are emerging.

For Smith, from small-town Newfoundland where job prospects are scarce, Fort McMurray simply has to rebound.

"It'll have to be a boomtown again because you need all those people to come back to help rebuild everything — put everything back the way it was or even better than it was," she said. "Give it a year or two and it'll be back bigger than ever … because, people are not giving up. This is where our home is."

But some economists warn what may look like a boom as the city rebuilds may not heal the fire's deeper economic blow.

Jennifer Winter, director of energy and environmental policy at the University of Calgary's School of Public Policy, said on balance, the fire has damaged an already struggling city.

"The issue is that — technically yes [there will be a boom] — but it would be much better for Alberta's provincial economy if the fire hadn't happened at all," Winter said.

"And so, yes, there will be a bump in activity as there's rebuilding, but it's not going to compensate for the lost economic activity as a result of the fire."

Smith said government money that was set to be used for other goals will now be focused solely on rebuilding McMurray — leading to a short-term bump but a longer-term hole in other services.

EVACUEES

Mother's Day not forgotten at the 'village'

Ryan Tumilty
Metro | Edmonton

At the Northlands Expo Centre Sunday it seemed as though every second woman was carrying a fresh cut flower.

At the convention facility, which has been swiftly turned into a village for Fort McMurray evacuees, no one wanted to forget Mother's Day. And so volunteers brought the cut flowers to any mom who wanted them.

Thousands of people have come to the centre looking for some level of help over the course of the last week, with close to 2,000 people sleeping in the facility's giant halls at the peak, but that number is down to 600.

Mayor Don Iveson said the city will operate the centre for as long as is needed, but he is glad people are finding more permanent housing. "We are seeing people who have found apartments in the rental market or spots in a hotel."

> "It is the little things that people are doing that really hit you.
> Angelina Drake

Vincent Couse and his stepdaughter Angelina Drake, are staying with friends, but like many evacuees came to the centre to register for aid.

Drake said all of the small items, strangers buying coffee or meals for evacuees and items like that really make people feel supported.

"It is the little things that people are doing that really hit you," she said.

JOIN STARFLEET
TODAY!
STAR TREK: THE STARFLEET ACADEMY EXPERIENCE
JOINSTARFLEETACADEMY.CA
™ & © 2016 CBS Studios Inc. STAR TREK and related marks are trademarks of CBS Studios Inc. All Rights Reserved.
TRY OUT OUR CAPTAIN'S CHAIR AT
OTTAWA COMICCON

'They're fighting for their city'

EMERGENCY WORKERS

Partners of Fort McMurray firefighters band together

Jeremy Simes
For Metro | Calgary

It wasn't exactly the perfect first Mother's Day for Megan Langpap, as her husband, Hunter, continues to fight the inferno that's ravaged Fort McMurray and surrounding areas.

The Fort McMurray resident is among a group of wives who haven't seen their firefighting husbands since they left to battle a ferocious blaze that's bigger than both Calgary and Edmonton.

"He's been giving 'er around the clock since he's gotten there," said Megan, who's been staying with her sister in Edmonton. "They're exhausted, but they're fighting for their city, so I think that's what's keeping them focussed.

"The love from their wives is non-stop — we're thinking about them around the clock."

To keep spirits alive, Megan said firefighters' wives have created a group to set up things like play dates, share school registration information and offer places to stay.

"I think being a wife of someone in the fire department, you can just relate," she said. "We've all banded together, helping each other with everything we may need because we've had to move our lives down south."

> **The love from their wives is non-stop — we're thinking about them around the clock.** Megan Langpap

For Megan, all she needs is an "AG," or "all good," from Hunter to keep her at ease.

"I literally have a string of 'AGs' in my text message feed," she said with a laugh. "If we get to talk to him, it's a good day.

"I miss him, but I also know in my heart he needs to be there."

It's almost like firefighters have an innate quality to respond to wildfires, she added.

"If he was with us, he wouldn't be resting easy — he needs to be there," she said. "I think all those firefighters feel this need to go and protect and save."

She said the family anticipates to celebrate Mother's Day at a later date, when Hunter returns.

"All I need right now is my son in my arms, and I have him," she said. "We're safe and my husband is safe. The support we're getting right now is just carrying us."

Megan Langpap (centre), her husband Hunter (left) and son Cullen (right). Langpap hasn't seen her husband since he left to fight the wildfire in the Fort McMurray area. CONTRIBUTED

NORQUEST COLLEGE

Graduates ready to battle fire

Kevin Maimann
Metro | Edmonton

A crew of new firefighters is going straight from an Edmonton, Alta. classroom to the Fort McMurray wildfire.

Sixteen students who graduated Norquest College's Fire and Safety Training program Friday are on standby to battle the blaze that has claimed at least 1,600 structures and caused mass evacuations.

"I'm anxious to get out there," said graduate Lorin Anderson.

Anderson grew up in Wabasca-Desmarais, part of the Bigstone Cree Nation, and had his house go up in flames when he was a teenager after a volunteer fire crew responded to the blaze.

Ever since then, he's wanted to fight fires.

"When I was 17 my house burned down. The first fire truck that showed up had no water. The second one, they didn't know how to hook it up. I was shocked," he said.

DO YOU HAVE
WHAT IT TAKES
TO BE ONE OF OUR
FOOD
CHAMPIONS?
CANADIAN FOOD
CHAMPIONSHIPS
July 22-24, 2016 | Edmonton, AB
Calling all chefs and home cooks from Ottawa- apply as a Wild Card competitor today at canadianfoodchampionships.ca
Categories include: Burger | Bacon | Seafood | Sandwich | Steak | Dessert

SOCIAL MEDIA

Tweet confirms house destroyed

One tweet managed to stifle a rumour that Meranda Bos hoped wasn't true.

Bos is among few in Fort McMurray who actually know their homes have been destroyed, as residents haven't been able to enter the city after a ravenous blaze tarnished many neighbourhoods on Tuesday.

"I had heard rumours that our house was gone," she recalled, while staying with her parents in New Brunswick to attend the funeral of her husband's father. "But you always try and go, 'Okay, we don't for sure."

That all changed when she received a text from her neighbour while on her way to Edmonton.

Within the message was a link to a tweet that showcased the rubble that was left in the neighbourhood of Wood Buffalo.

"After I saw that, I said to my husband, 'Adam, our house is gone,'" Bos said. "We had prepared a little bit, but we were so focussed on the funeral that we didn't think too much about it."

According to the latest damage assessment by local officials, 1,600 structures in town have been lost, where 80 percent of homes in the community of Beacon Hill were destroyed. Severe loss was also reported in Abasand and Waterways, and some damage had occurred in Wood Buffalo.

The Bos family lost their home after wildfires in Fort McMurray consumed some of their neighbourhood. **From left: Oddie the dog, Adam, Meranda, Jase and Kirsten.** CONTRIBUTED

To make light of the situation, Bos joked to her husband that they no longer need to repaint the dreadful yellow walls.

"It's like this running joke: 'Oh, you get to pick your paint colours now,'" she chuckled. "You have to do those things to just get through it because, if you don't, I think you're going to go crazy."

She said she has yet to tell her four-year-old son, Jase, about the loss of their home.

"(Jase) is obsessed with dinosaurs," she said. "He had this major dinosaur collection from everywhere we travelled.

"So, how do you tell him that things that he loved are gone? He's asked to go home a couple of times, and we've said, 'No, we're going to stay for a while.' You just distract him with something else." JEREMY SIMES/FOR METRO

Members of the RCMP inspect on Saturday burnt-out homes destroyed by the wildfire in Fort McMurray, Alta. ALBERTA RCMP/AFP/GETTY IMAGES

Notley to survey damage first-hand

GOVERNMENT

Alberta leader chokes up ahead of visit to ravaged city

Wildfires that levelled neighbourhoods in Fort McMurray slowed their rampage through tinder-dry forest in northern Alberta on Sunday, allowing firefighters in the oilpatch city to focus on hot spots as plans were made for Premier Rachel Notley to survey the damage first-hand.

Notley said the fight against the fire has stabilized to the point that she can visit and begin the next phase of the government's operation to determine what must be done to eventually allow people to return to the city.

Speaking at a media briefing, Notley had to pause to compose herself when she spoke about Mother's Day and two evacuees who were killed in a traffic accident last week.

"Our hearts go out to their families. This is Mother's Day. I am hoping, in all of this crisis, to spend a few minutes today with my own children," Notley said, pausing as her voice cracked. "That not all of us can do that is definitely an awful tragedy. So today, Mother's Day, all of us in Alberta are thinking of you who have suffered these losses."

> "There will be some dramatic images coming from media over the next couple of days. Premier Rachel Notley

Emily Ryan, 15, and her stepmother's nephew, Aaron Hodgson, died in the accident a day after the fire drove 80,000 people from the city.

Notley was scheduled to visit Fort McMurray on Monday. The premier warned residents to brace themselves for the images they will see, reminding them that counselling services are available.

Chad Morrison with Alberta Wildfire said firefighters have managed to hold the line against the fire better in Fort McMurray.

The weather was changing and below-seasonal temperatures will help firefighters who have been battling the blaze since May 1, he said.

The wildfire did not grow to the size that was expected on Saturday. THE CANADIAN PRESS

PREPARATION

Fires not 'imminent threat' to Saskatchewan: Officials

Jeremy Simes
For Metro | Calgary

Though the Saskatchewan government doesn't anticipate an "imminent threat" from the growing Fort McMurray wildfires, it has set up mechanisms to fight the blaze if it enters the province.

On Saturday, Alberta officials said the inferno that's burned parts of Fort McMurray was headed toward the Saskatchewan border. On Sunday, Steve Roberts, executive director of wildfire management with the Saskatchewan Ministry of Environment, said the government isn't yet worried about the blaze affecting local communities, as they're about 60 kilometres from the current wildfire.

However, he said Saskatchewan has begun to implement sprinkler units and other equipment on the Saskatchewan border, in case flames encroach. Saskatchewan staff have flown into Alberta to assess the current wildfire to better understand where it's heading, he said.

Roberts couldn't say when Saskatchewan should expect the fire to cross over, as its activity depends on weather patterns.

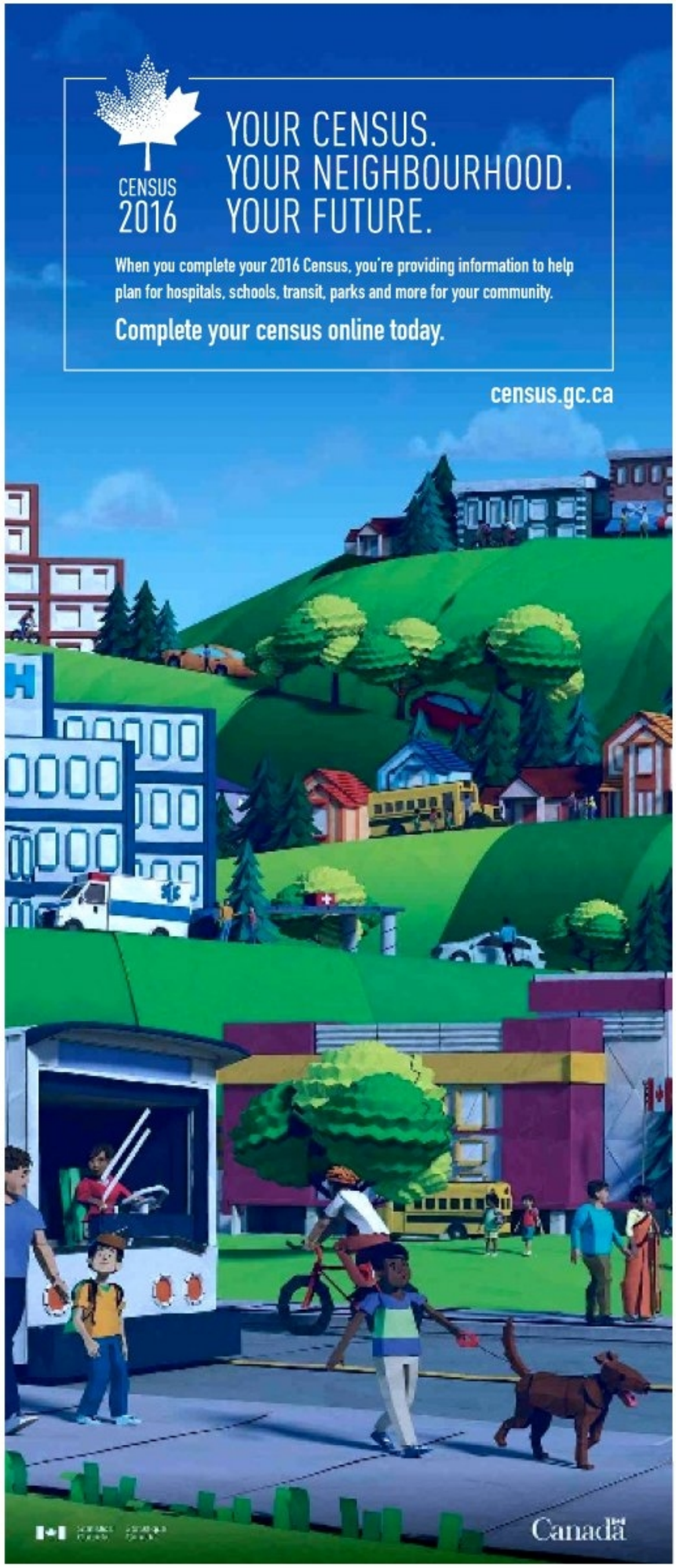
"We have the latitude to engage the fire on the Alberta side," he said.

"We do not have to wait (to fight the blaze) until it comes into Saskatchewan."

Northern Saskatchewan towns will also see much smoke, depending on wind patterns, he added.

Last year, Saskatchewan battled raging forest fires in the northern part of the province.

If Alberta's fires are to spread north and into already-burnt areas, Roberts said the singed forests will act as a deterrent to the flames as there will be no dry vegetation — or fuel — to aid in its growth.


CENSUS
2016
YOUR CENSUS.
YOUR NEIGHBOURHOOD.
YOUR FUTURE.
When you complete your 2016 Census, you're providing information to help plan for hospitals, schools, transit, parks and more for your community.
Complete your census online today.
census.gc.ca
Canada

metro VIEWS
Your essential daily news
Monday, May 9, 2016

URBAN ETIQUETTE

ELLEN VANSTONE

THE QUESTION

Could you provide some kind of guide to public ogling?

Dear Ellen,
I'm wondering if you can provide some kind of guide to ogling (is that even how you spell it?).
L.

Dear L.,

You'll see that I moved the list of questions in your letter down into my answer (below) so I could easily address them one by one. But before we begin, the fact you can barely spell "ogling" makes me wonder if you are defining it correctly.

"Ogling" (which, btw, is pronounced OH-gleen, not AWG-leen) connotes leering or blatantly checking out someone's body. This I do not condone. Unless you are a sex worker or Miley Cyrus, you don't want to go out in public and have some gross, horny stranger staring at you with their tongue hanging out, blatantly undressing you with their eyes, or making any other gesture pertaining to a desire to see you naked.

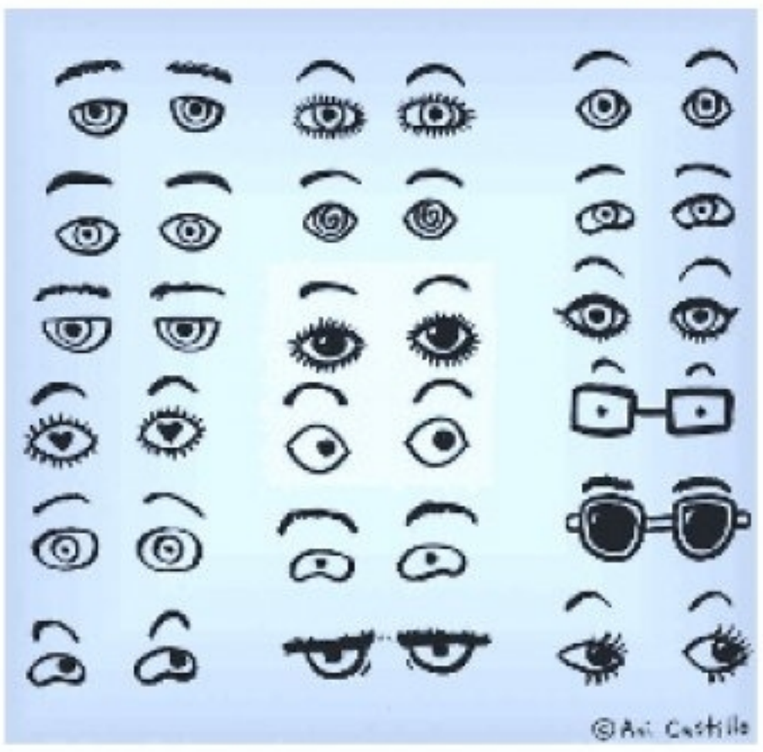
However, dear L., if what you really mean is "looking" — well, that's another matter. It's normal to look. Whether we want to or not, whether we're even conscious of it or not, our animal brains contain an ancient, uncontrollable limbic system that is constantly ordering our eyeballs to check out potential mates.

The trick for any civilized person is to know how and when to look, which brings us to your excellent questions.

Our animal brains contain an ancient, uncontrollable system constantly ordering our eyeballs to check out potential mates.

Is it best to just avoid all eye contact with strangers?

It depends. Sometimes firm eye contact along with a smile is required, as when stepping around an elderly person on a sidewalk, or accepting change from a cashier. Other times, eye contact should be avoided at all costs, like when the person on the sidewalk is holding a clipboard and wants to ask about your personal beliefs. Or the sidewalk is a dark alley and the stranger is shouting lewd comments at you.



Then there's the limbic-brain situation, which requires more finesse. If you notice an attractive-to-you stranger, it's perfectly acceptable to flick a nano-second of pupil dilation at them. Believe me, if they find you attractive, they won't miss it. And even if they don't find you attractive, many civilized human beings don't mind being noticed on the street by appreciative, respectful strangers who know how to nano-look, perhaps even offer a courtly nod, and then keep walking — women of a certain age adore visiting Paris for this very reason. Like I said, finesse is required.

Should I avoid eye contact with strangers who are way better looking than me?

Absolutely not! First of all, "way better looking" is in the eye of the beholder. Secondly, it's not just looks that make a person attractive. Grooming, style, self-confidence, a lust for life — these are all attributes that make anyone worth a look.

What about making eye contact in the reflection of a bus or subway window?

The same rules apply. Don't ogle, and desist if the attention is registered but not reciprocated. Furthermore, if any of you readers start a romantic relationship in this unbearably romantic way, I must insist you contact me so I can share your story with the entire Metro audience.

Where is the line between friendly smile and over-friendly smile?

Please see paragraphs above referring to "tongue hanging out" and "finesse."

What about staring at a beautiful human who is driving and ignoring you and perhaps even endangering your life while you are riding alongside them on your bike?

No amount of looking is worth dying for. Pull over, and pull yourself together.

Is it wrong to look at beautiful people when you are happily married with kids and should be texting about the parent-teacher interview and investing in RRSPs instead?

As long as you aren't criminally neglecting your children or miscalculating your contributions, and you really are just looking, this is probably when you should be looking the most.

Has the internet affected what's reasonable in this domain?

I'd have to see your search history in order to answer this question properly. And truth be told, I'm not sure I'm being paid enough to undertake that kind of research.

Is Canadian winter a consideration here?

A good Canadian, new or old, will develop looking powers that see, and appreciate, beyond Cougars boots, Garbage mitts and Canada Gooses. But now that spring is breaking, and the streets are full of moulting Canucks, I'd say we're all happy to see more of everybody.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Handwriting: A way to be near a loved one who is far away

Not everyone will have spent yesterday with their mother.

Some mothers have died, some are estranged, and some mothers (mine) live far away.

But there are ways to be near a person who is not here — among them, their handwriting.

Handwriting is a physical mark that a person exists, or existed. They were here, moments or hours or weeks ago, leaning over this paper, with a pen that has lent this ink — giving a little something of themselves away.

In what they said, but more magical to those who love them, in how they wrote it.

Mum's hand is looping and full and warm, spreading over the page, soft and round like dough rising.

Dad's is compact and slanted, more elegant, exact, and careful (he is a man who has always measured twice).

My fiancé, a non-traditional type, writes in a hand unburdened by structure, rough and staccato, more utilitarian, less self-conscious.

I can also see both my brothers' scripts, and my sister's. All handwriting is as recognizable as a voice or a gait, but it has something extra, and special — a physical tie to the person. It was made by them, and it goes on to exist, and it can be folded up and kept in a wallet. Even after the bent edges tear, you can still pull it out and piece it together and hold both the thoughts and marking of a person.

In 2014, researchers found that students who took handwritten notes in a lecture remembered the material better. The idea was that you have to synthesize information as you record it, since few can write long-hand as fast as a person speaks.

I've also wondered if the personalization of the information into your own script, and the physically committing it to a page, doesn't also help.

There also seems to me to be some tie between these findings and the difference between physical words on paper, and digital ones on screen. In my own life, the former make a more lasting impact. They seem more real.

Which is perhaps why I cannot throw out the card and letters sent by my mother (or father, who posts them less frequently), or the random notes left by my fiancé. They're collected in random piles, in baskets and drawers around the apartment, or stuck to the fridge.

They might be deemed clutter, but they are more truly vessels for spirits. And you can call upon them like an incantation, open them and poof: Your love is here.

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout

MANAGING EDITOR OTTAWA
Steve Rennie

ADVERTISER INQUIRIES
adinfoottawa@metronews.ca
General phone 613-236-5058

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at
www.mymetrostore.ca

metro LIFE

Your essential daily news

Vacuum giant Dyson introduces the Supersonic, a $399 "disruptive" hairdryer

Bautista moves to bowl flips

INTERVIEW

Jays right fielder lends image to cereal boxes

Don't ask Jose Bautista to choose between his favourite cereals.

"Bad first question," he says, when asked if he prefers Golden Grahams or Cinnamon Toast Crunch, the two cereals that will carry his image on boxes for months to come. Fair enough.

The collaboration between the Blue Jays right fielder and General Mills Canada — sparked by Bautista's Instagram posts showing him cradling the boxes — will see the two cereals with his image on shelves across Canada starting this week.

The announcement comes after a years-long cereal industry slump and reports that millennials are turning away from the traditional breakfast food because it requires too much work to eat. We sat down with Bautista, 35, a father of three and noted health nut who nonetheless indulges in sugary cereal after games and on the road, at the Rogers Centre for a brief interview to chat nutrition, fitness, and — yes, cereal.

Jose Bautista, a cereal aficionado himself, has partnered with Golden Grahams and Cinnamon Toast Crunch, two cereals that will carry his image on their boxes for the coming months. BERNARD WEIL/TORSTAR NEWS SERVICE

As you've gotten older, how has your nutrition changed? Are there certain things you don't eat anymore?
At different times of the year I have different diets and they all have a purpose. At times I take things in and out of the diet for specific purposes, but there's nothing that I ever say, "I'm never eating this again." I like to keep a good rotation. It all depends on if I'm training, if I'm in season, if I'm in a rest and recovery phase right after the season. I think it just adjusts a lot.

How have your workouts evolved as you've aged?
I think you get to understand your body. You get to know what works for you, what helps you be better, what makes you sore, what makes you tight, what gives you pain. You just become more efficient. You manage your body better. Nutrition and workouts are two big parts of it and then recovery and rest is the third big element.

Did you eat these cereals (Golden Grahams and Cinnamon Toast Crunch) growing up?
Growing up, a little bit of Golden Grahams. Cinnamon Toast Crunch wasn't that popular in the Dominican when I was growing up, but Golden Grahams was. We used to get a lot of knockoffs, so the general brand version of Golden Grahams. It was still a luxury item and I was from a middle class family. It's not like every time my mom went to the grocery store she got me one but when she could she would.

TORSTAR NEWS SERVICE

RAPID Q&A ROUND

Scooter or bicycle?
Scooter right now.

Hotdog or pizza?
That's a tough one but I have to go with pizza.

Cinnamon Toast or Golden Grahams?
That's not fair.

NEW DOWNTOWN LOCATION!
Festival Plaza, Ottawa City Hall, Laurier Avenue

3RD ANNUAL
EAT DRINK SPRING
OTTAWA WINE & FOOD FESTIVAL
SPRING 2016 EDITION

$20 ADMISSION +sampling tickets

Friday MAY 13 4-10 pm | Saturday MAY 14 12-10 pm

Ontario | ONTARIO Yours to discover

RING IN SPRING WITH SUMMERTIME LIVING

Summertime Living 2016 – With celebrity designer Andrew Pike, Décor Expert on CTV's Marilyn Denis Show! He'll be sharing tips and tricks on summer entertaining and creating the perfect patio space!

ALSO FEATURING
- FREE Bottle Camp and BBQ School
- Pati-oh-Canada
- *Rod Phillips's 100 Best Wines for Spring/Summer
- *Craft beers
- *Artisanal & Small Batch Distillers
- *Full Throttle Food Trucks

BUY TICKETS NOW CAPITALTICKETS.CA
ottawawineandfoodfestival.com

*Sampling Tickets Required.

Plan now so you can enjoy life later

RETIREMENT

Know how much you need before you live hand to mouth

Gail Vaz-Oxlade
For Metro Canada

Every time I see an article proclaiming that I'm going to need a b'zillion bucks to retire I want to throw up in my mouth. I'm so sick of the arbitrary numbers tossed around by experts and their calculators.

With a target that feels impossible to attain is it any wonder that people give up and say, "Hey, I can save $1,200 this year and that's not gonna do squat for me, so I'm heading to Puerto Plata!"

The next time you see one of those headlines, ask yourself this question: How can they know how much I'm going to need if they don't know how much I'm spending.

See, that's the thing.

If you're spending gobs and gobs of money on all kinds of crap, you may very well need a b'zillion bucks.

But only you know how much money you're spending — and how much money you'll probably need — to maintain your standard of living once you hang up your hammer.

That DOES NOT mean ignoring the whole saving for the future thing.

It does mean doing some work so you can see what you'll likely need as a nest egg so that when the future becomes the present you have a little sumthin' sumthin' socked away to buy soup.

For those who have never seen the point in saving, do something for me: Close your eyes.

Now imagine you're 40 years older. (You have someone in your life who is 40 years older, so imagine your life looks a little like their life looks.)

Where are you living? What are you doing for fun? What are you eating? How are you paying for it?

If you're counting on government benefits, know that the average pay out for both the Canada Pension Plan and Old Age Security combined is about $12,000 a year. That's $1,000 a month.

Can't imagine making do on $1,000 a month? Then it's time to do a little saving, don'tcha think?

For those who know they should be saving and just need to figure out how much, calculate how much you're currently spending and then multiply that by 25.

So if your net (after tax) expenses come to $32,000 a year, everything in, aiming to have about $800,000 is a good place to start.

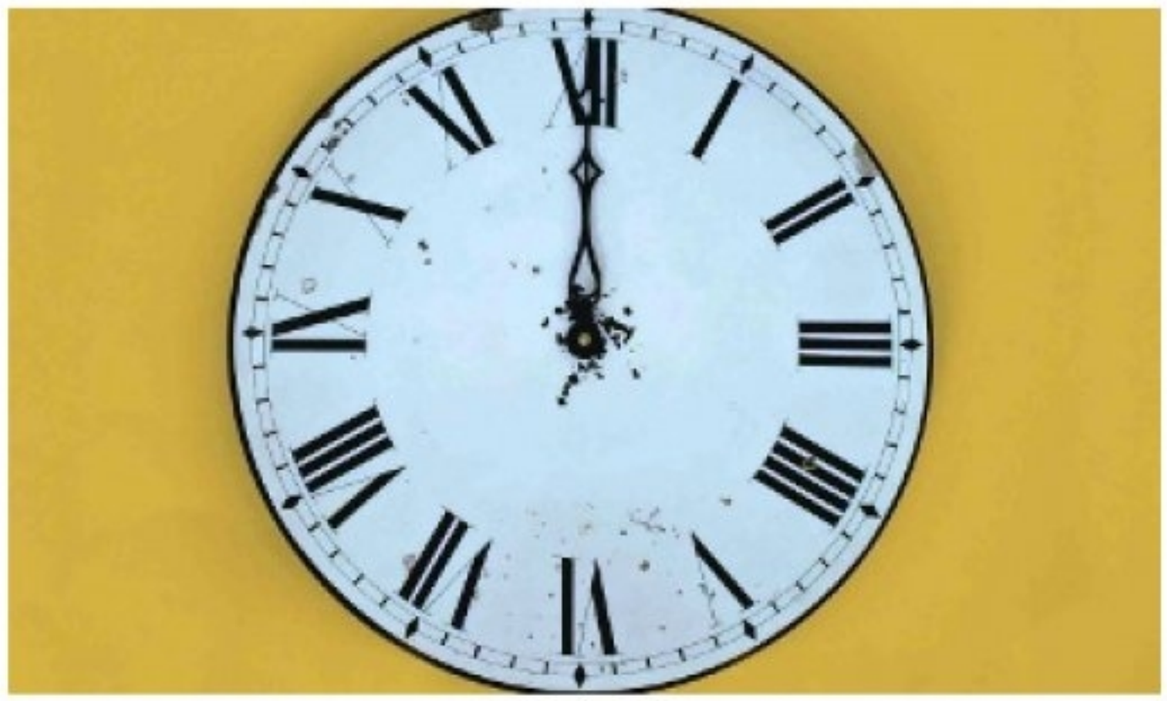
Know that the longer you wait to get started, the more you're going to have to take away from today's spending to make sure you have enough for tomorrow.

Start socking away six per cent of your income in your 20s and you'll be fine sticking with that all the way through to the end.

Wait until you're in your 30s to start saving, and with less time for compounding, you'll have to take 10 per cent out of your spending today so you can buy soup and a sammie at 66.

Make excuses for not saving until you're in your 40s and you'll have to save three times as much as you would have if you started in your twenties.

Ouch! Don't do that!



You can't turn back time: By making excuses for not saving for retirement in your twenties, you'll have to put away **three times as much** in your forties. ISTOCK

For more money advice, visit Gail's website at gailvazoxlade.com

Service Directory

To advertise contact Gabrielle at 613-369-5433 May 9

RETAIL

SWAP 'N' SHOP
OTTAWA'S LARGEST PAWN SHOP
2 LEVELS – 6000 SQ. FT. OF BARGAINS!
1526 Merivale Rd. 613-225-0900

CLEANING

NETTOYEURS
Betty Brite CLEANERS
DEPUIS SINCE 1968
Tell us you saw our ad in Metro Ottawa and receive 15% OFF*
218 Laurier Ave E, Ottawa (613) 235-6501
*Limit 1 per person. Expires July 10th, 2016

TATTOO

PLATINUM TATTOOS N GRILLZ
WALK-INS WELCOME
Custom Quality Tattoos, Piercings and Jewelry including Grillz
1076 Merivale Road HOURS: Tues-Sat 12-7pm
tattoosngrillz.com • 613-725-6910
@PlatinumTattoosnGrillz PlatinumTattoosnGrillz

HOME IMPROVEMENTS

Total Contracting
Basement • Kitchen • Bathroom
Qualified & Skilled Personnel for all your Renovations Needs
From your Basement to your Roof
One Call Does It All
613-680-2188
totalcontracting.ca

K & H PAINTING
BBB
Professional Painting Contractors servicing all of Ottawa/Gatineau
FREE ESTIMATES
paintingkh.com 613-408-7601

PSYCHIC

PSYCHIC DIANA'S
FORTUNE TELLING, SPIRITUALIST, HEALER
Signora Diana
Has been in business for 50 years
Card, Palm reading, Private reading and Tarot Card Reading
Diana has the gift and the spiritual power to help in
LOVE – HEALTH – HAPPINESS
MARRIAGE – FAMILY
BUSINESS
FOR AN APPOINTMENT CALL:
PSYCHIC DIANA 613-822-7222
PSYCHIC MICHELLE 613-983-3767

Our everyday audience can be your everyday client!
Advertise in Metro's **Service Directory** today!
metro

Stunning Toronto

Financial centre of Canada, the Queen City is more than just an economic hub — it's also a great city for getaways and discoveries.

Afternooning in Toronto

Start your Toronto expedition at the **St. Lawrence Market**. Ranked as the world's best food market by National Geographic, it is located on Front Street, in a magnificent interior with exposed brick walls.

Mustachio
(91 Front Street East)
Italian sandwiches stuffed with thinly sliced veal, eggplant and assorted other vegetables fried to perfection. No wonder they're constantly rated among the best sandwiches in the city.

Churrasco of St. Clair
(679 St Clair Avenue West)
This small restaurant with a big reputation for roasted chicken, is also known for its delicious Portuguese custard tarts. Made with egg custard in a golden flaky pastry shell, you won't be able to eat just one.

CONTRIBUTED

A night on the town

Shop in the very lively **West Queen West** district, named one of the world's hippest districts by Vogue magazine.

Article 27
(899 Queen Street West)
This upscale boutique sells fair-trade products that are both modern and aesthetically pleasing, including organic soaps and lotions, green clothing and ethical, eco-friendly household items.

BYOB Cocktail Emporium
(972 Queen Street West)
Beginner and seasoned mixologists alike will love this one-stop shop for everything cocktail-related. Find books, accessories and syrups — everything you need to perfect your techniques and drink with class.

Drake Hotel
(1150 Queen Street West)
This already legendary establishment is currently the hottest boutique hotel in the city. There's a sushi bar, lounge, private dining room, nightclub and rooftop terrace open year-round so you can sit and sip a fine drink or feast all night. The hotel owners are also art lovers, hosting permanent and temporary exhibits for their guests and patrons.

CONTRIBUTED

A well-deserved rest

Sugar Beach
Cap off your night of celebrating with some relaxing downtime on this urban beach nestled in a triangular sandy area, dotted with brightly coloured pink beach umbrellas and white beach chairs. It's hard to imagine this was a parking lot in a former industrial area only a few years ago.

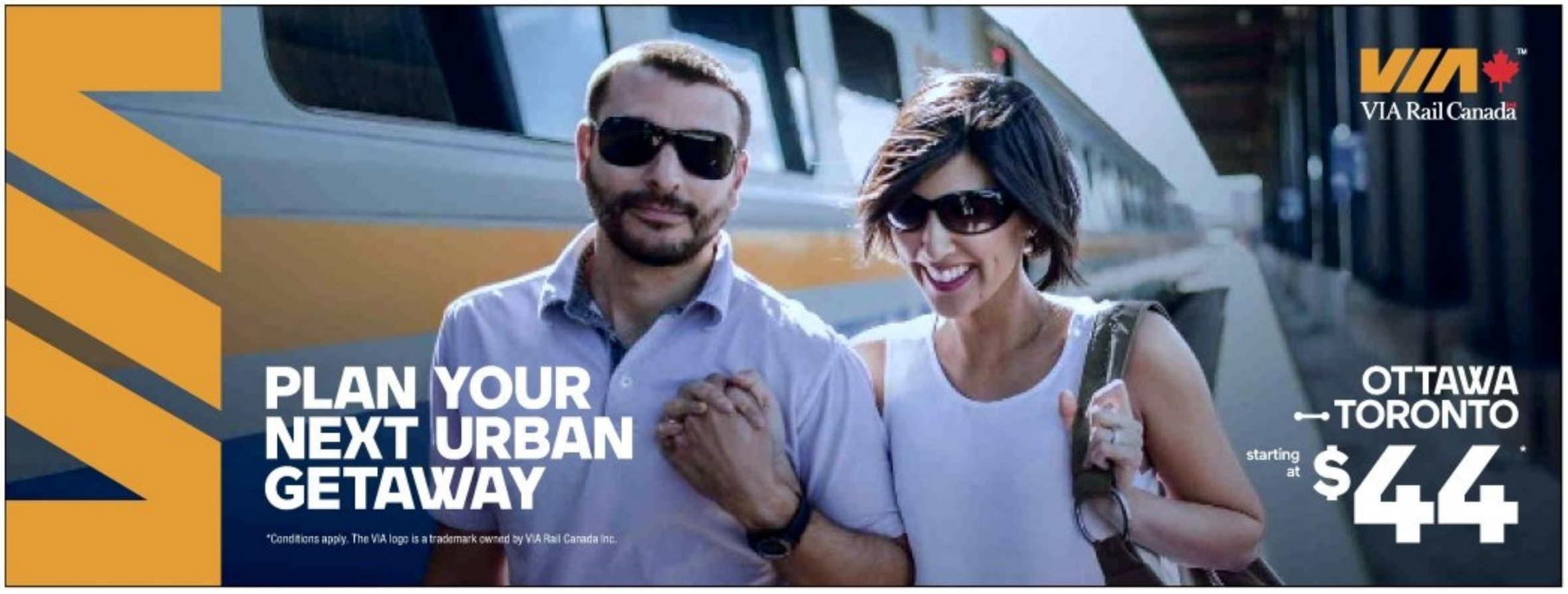
Toronto Islands
Discover countless hiking trails and bike paths, beaches and even an amusement park. But be sure to also take in the breathtaking view of downtown Toronto. Take a short 15-minute ferry ride across Lake Ontario to explore the Toronto Islands.

Transit

Start enjoying your trip right away by travelling by train — it comes with the benefit of an inviting and comfortable environment, plus free Wi-Fi, friendly service and the convenience of getting off at Union Station right in the heart of the action in downtown Toronto.

Next stop

Don't miss VIA Rail's next urban getaway in the May 24 issue. All aboard for Montreal: get recommendations for things to do and places to see.


VIA Rail Canada
PLAN YOUR NEXT URBAN GETAWAY
*Conditions apply. The VIA logo is a trademark owned by VIA Rail Canada Inc.
OTTAWA — TORONTO
starting at $44*

metro SPORTS
Canada Soccer's Road to Rio • Canada v Brazil • June 7th, TD Place, Ottawa

Lightning strike way back into East final

NHL PLAYOFFS

Tampa Bay takes care of New York in five games

Victor Hedman scored twice and Ben Bishop stopped 28 shots Sunday, helping the Tampa Bay Lightning beat the New York Islanders 4-0 and reach the Eastern Conference final for the second straight year.

Tampa Bay eliminated the Islanders in five games, winning four straight after dropping the opener of the second-round series.

Hedman scored an unassisted goal from the slot at 13:49 of the first period, then beat Islanders goaltender Thomas Greiss again on a second-period power play that gave Tampa Bay a three-goal lead.

Nikita Kucherov and Brian Boyle also scored for the Lightning, who will face either the Pittsburgh Penguins or Washington Capitals in the East final. The Penguins lead the Capitals 3-2 and Game 6 is Tuesday night in Pittsburgh.

Bishop earned his fifth career playoff shutout, fourth in the deciding game of a series. He blanked Detroit 1-0 in Game 5 to end that first-round matchup and won two Game 7s without allowing a goal to help Tampa Bay reach the Stanley Cup final last year.

The loss ended New York's deepest playoff run since 1993.

Captain John Tavares led the Islanders to a thrilling six-game victory over the Florida Panthers in the opening round. He had a goal and assist in New York's only victory over Tampa Bay, but didn't have a point in the last four games.

The series was much more competitive than the final result would suggest.

The Islanders let third-period leads slip away in Games 3 and 4 in Brooklyn. Kucherov had tying goals in both games before Boyle and Jason Garrison provided winning goals in overtime to thrust the Lightning into a 3-1 series lead.

There was little drama in the clincher, with Hedman and Boyle scoring within a 4:52 span of the opening period before Hedman's second goal — fourth this post-season — made it 3-0.

Tampa Bay defeated the New York Rangers in last year's conference final, earning its second trip to the Stanley Cup final.

THE ASSOCIATED PRESS

Goalie Ben Bishop, Jonathan Marchessault and Victor Hedman celebrate clinching their series victory over the Islanders on Sunday. CHRIS O'MEARA/THE ASSOCIATED PRESS

GAME 5 In Tampa, Fla.

4	0

NBA PLAYOFFS

Valanciunas out for remainder of series

RAPTORS
TORONTO LEADS 2-1

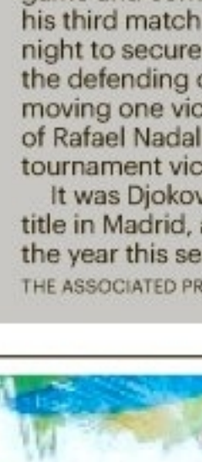
Jonas Valanciunas, who's been so big for Toronto in the post-season, was on his way to what might have been one of the biggest games of his career Saturday night when he crumpled to the floor in agony.

The Raptors are about to find out just how big he was.

Valanciunas has been ruled out for the remainder of the Eastern Conference semifinal against the Miami Heat with a sprained ankle.

"Big, big, big, big, big blow for us," Raptors general manager Masai Ujiri said Sunday. "Big blow for JV ... But you know what? This is the life in the NBA and we carry on."

Valanciunas was averaging 15 points, 12.1 rebounds and 1.4 blocks in 10 playoff games this season.



Jonas Valanciunas
GETTY IMAGES

Through three games of the series, he averaged 18.3 points and 12.7 boards, and he already had 16 points and 12 boards when he limped to the locker-room in the third quarter Saturday — just a day after his 24th birthday.

The Heat's Hassan Whiteside also left Saturday's game after he sprained his knee. He is listed as day-to-day. THE CANADIAN PRESS

IN BRIEF

Dodgers pounce on Blue Jays relief pitchers

The Los Angeles Dodgers took advantage of a shaky bullpen performance by the Blue Jays on Sunday afternoon in a 4-2 comeback win over Toronto.

Blue Jays starter Marco Estrada gave up just one run on three hits over seven innings but relievers Drew Storen and closer Roberto Osuna couldn't hold the one-run lead in the eighth. Storen (0-2) put two runners in scoring position and the Dodgers brought them both home against Osuna.

THE CANADIAN PRESS

Djokovic upends Murray to win 29th Masters title

Novak Djokovic defeated Andy Murray 6-2, 3-6, 6-3 in the Madrid Open final on Sunday to win a record 29th career Masters title.

Djokovic saved seven break points in the final game and converted on his third match point of the night to secure the win over the defending champion, moving one victory ahead of Rafael Nadal in Masters tournament victories.

It was Djokovic's second title in Madrid, and fifth of the year this season.

THE ASSOCIATED PRESS

RECIPE Niçoise Sandwich

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Kick off the week with a picnic-style sandwich. Then invite some people over because it makes a lot!

Ready in
Ready in: 1 hour
Serves: 6 to 8

Ingredients
- 1 rustic loaf of bread
- 2 x 7 oz cans of tuna
- 3 hard boiled eggs
- 1/4 English cucumber, sliced
- handful fresh basil
- 3 Tbsp olive oil
- 2 Tbsp white wine vinegar
- 1 Tbsp dijon mustard
- 1 or 2 Tbsp black olive tapenade

Directions

1. Whisk together oil, vinegar and mustard until you have a smooth dressing. Drain your tuna well and place it in a bowl. Add 2 tablespoons of the dressing to the tuna and mash it up with a fork and mix well. Toss the sliced cucumber in the remaining tablespoon of dressing and give it a stir.

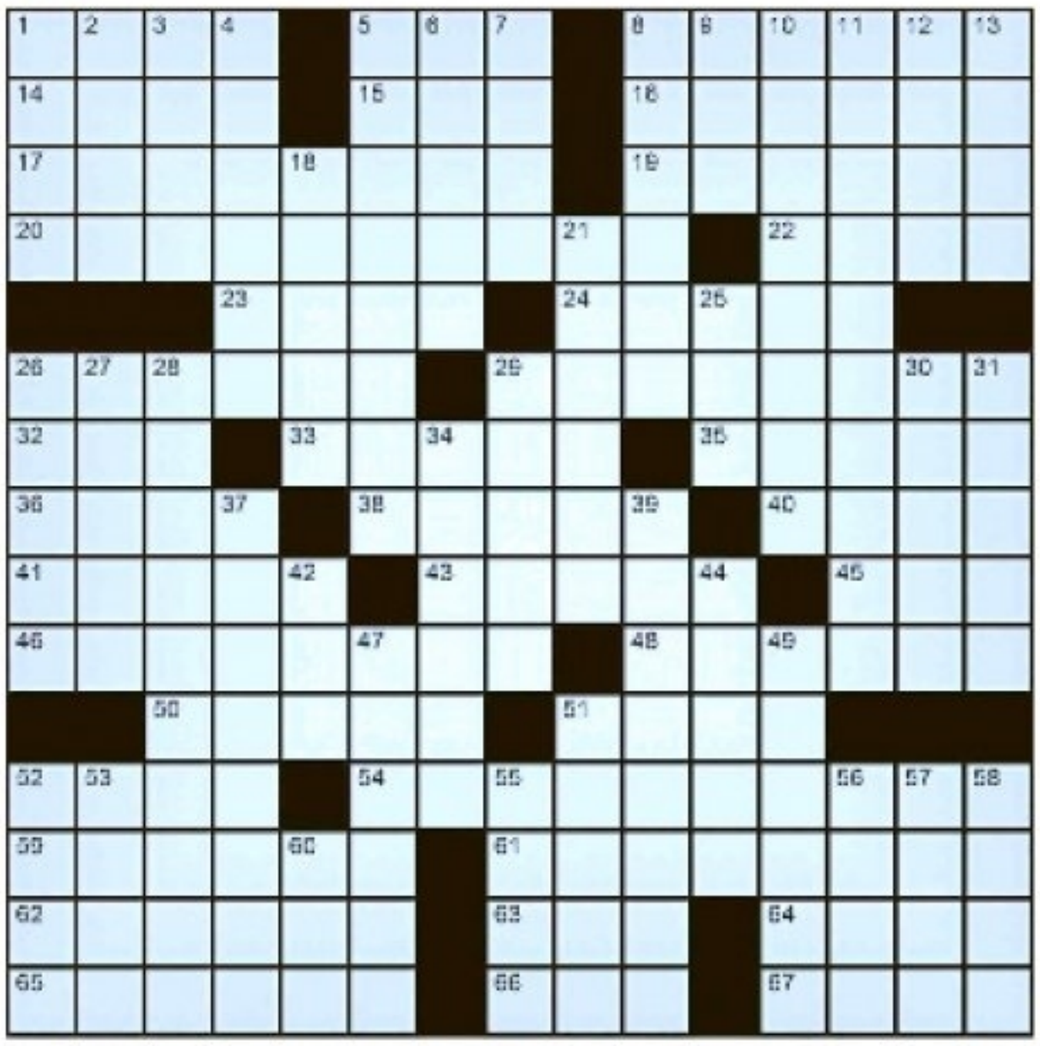
2. Cut the loaf of bread horizontally and use your fingers to pinch out a good bit (about a cup) of the soft bread inside. Spread a thin layer of tapenade on piece of bread. Place a layer of basil leaves, followed by a layer of sliced egg. Now use a spoon to mound the tuna next. Follow with a layer of sliced cucumber.

3. Place the top of the bread and press down gently. Wrap the whole sandwich in plastic. Put it on a plate and weigh it down with something. Put the whole works in the fridge for at least an hour or over night so the flavours combine and the sandwich is easier to slice.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "Good Times" disco group
5. Mr. Blanc
8. Said walkin' instead of walking
14. Roman moon goddess
15. Hubbub
16. Song of dawn
17. __ reaction
19. Polishes
20. Canadian author of 1995 novel The Jade Peony: 2 wds.
22. E-J link
23. "Not on __!" = "No way!"
24. Canadian comedian Mr. Mandel
26. Clandestine
29. Noble crustacean: 2 wds.
32. Type of submachine gun
33. __ Marner (1861 novel)
35. Canadian singer/songwriter Ms. McNeil
36. Snaky spots
38. Spy for Moses
40. Separate, as laundry
41. __ Arden (1864 poem by Alfred, Lord Tennyson)
43. Cam __ (Hockey great born in Comox, BC)
45. Mesh
46. Localized
48. "Psst!" from above: 2 wds.
50. Fancy neckwear
51. "When We __ Young" by Adele
52. Big amount
54. Sad movie
59. Chant
61. Like really humid summer weather: 2 wds.
62. Really loud Zzzz-er
63. Enunciate
64. "Would __ to You?" by Eurythmics
65. Feels
66. Approves [abbr.]
67. Singer, Mama __ Elliot (b.1941 - d.1974)

DOWN
1. Cat's clutcher
2. Retro toy, __ Hoop
3. Toward the centre
4. __ salad
5. Moncton's gravity attraction, __ Hill
6. Proclamation
7. Ness Monster's need
8. Lax: 2 wds.
9. "I __ Ya Papi" by Jennifer Lopez
10. __, __ (Canadian punk rocker Bif Naked's new memoir)
11. Kenny Loggins tune in Tom Cruise movie "Top Gun" (1986): 2 wds.
12. Global News anchor who is a 3x Olympian, Rosey __
13. Mr. Arnaz of "I Love Lucy"
18. Choir outfits
21. "That's understandable now." 3 wds.
25. One of ABC's "The View" co-hosts ...her initials-sharers
26. "Fantastic!"
27. www mag
28. Manager of #39-Down when the team won the World Series in 1992 and 1993: 2 wds.
29. Clark Kent, originally, on planet Krypton
30. Broadcaster
31. Music's Ms. Midler
34. Woolly
37. Snip-snip-snippers
39. As per #28-Down... Toronto __ __
42. Ad __ committee
44. WWI: Canada's coming of age on the world stage
47. Diarists
49. Brave
51. Make mayhem, with Havoc
52. "__ Congeniality" (2000)
53. Ms. Hathaway
55. Dog, with Lhasa
56. British band, __ Shaker
57. Christian denomination, e.g.
58. Whiskey grains
60. Wedding notice word

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Rather than initiate new financial matters, finish what is started. If you're looking for a job, go back to where you previously applied or perhaps where you worked before.

Taurus April 21 - May 21
Ex-partners and old friends are back in the picture. Consider this an opportunity for closure or to reach a better understanding about old issues.

Gemini May 22 - June 21
It is frustrating right now, because your ruler, Mercury, is retrograde, and this makes you error-prone, late to meetings and events, plus subject to misplaced items and transportation delays. Yikes!

Cancer June 22 - July 23
Old friends are back on the scene now. This could be heartwarming, because it is a wonderful thing to have history with others. You can't buy this.

Leo July 24 - Aug. 23
This is an excellent time to wrap up old business with parents, bosses and VIPs. However, it's a poor time to initiate anything new. Keep this in mind if you want a successful outcome.

Virgo Aug. 24 - Sept. 23
Travel plans will be delayed. However, this is an excellent time to finish up school papers and manuscripts. Focus on what you were doing in the past.

Libra Sept. 24 - Oct. 23
This is a great time to wrap up loose ends with inheritances, taxes, debt and anything having to do with shared property. You will be surprised by how quickly things will come together.

Scorpio Oct. 24 - Nov. 22
Ex-partners and old friends are coming out of the woodwork! Like what's with that? Well, Mercury is retrograde directly opposite your sign, which triggers this looping-to-the-past phenomena.

Sagittarius Nov. 23 - Dec. 21
Your efficiency on the job has suffered lately, which is a bummer. What is particularly exasperating is that these errors are just so silly!

Capricorn Dec. 22 - Jan. 20
Old flames from the past might contact you now. Sometimes this is exciting; sometimes it's not exciting at all, it's horrific.

Aquarius Jan. 21 - Feb. 19
This is a good time to wrap up old projects and finish renovations and repairs. This especially applies to family businesses.

Pisces
Feb. 20 - March 20
Life is frustrating now because of transportation delays, car problems, late mail deliveries and lost paperwork. Just cope as best you can, because this will be over soon.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3				4				6
	8						9	
			7		8			
		4	8		7	1		
9				3				2
		5	9		2	3		
			1		5			
	1						3	
7				6				4

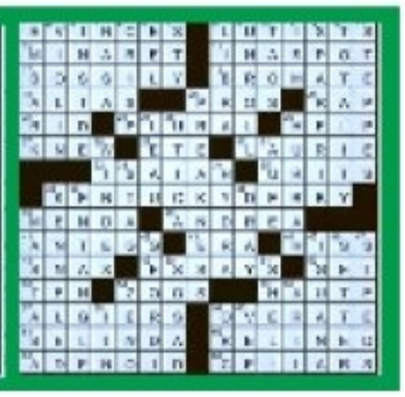
© 2016 Conceptis Puzzles, Inc. Provided by King Features Syndicate, Inc.

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

3	4	1	7	5	6	2	8	9
7	6	9	3	2	8	4	1	5
8	5	2	1	4	9	7	3	6
4	1	7	2	6	5	8	9	3
2	8	6	9	3	4	5	7	1
9	3	5	8	7	1	6	2	4
5	2	3	4	9	7	1	6	8
6	9	8	5	1	2	3	4	7
1	7	4	6	8	3	9	5	2



CHARGED WITH IMPAIRED DRIVING?
X COPPER
NEW Location: 1901 Bank Street
www.xcopper.com

Earn 2% money back where you choose. Even here.

☑ Public Transportation

Introducing the no annual fee Tangerine Money-Back Credit Card. Apply now and you'll earn **4% money back** on your chosen categories for three months*.

*Some lawyer lingo applies

Tangerine.ca

Tangerine
Forward Banking